

Charlottesville Parks and Recreation

Youth Basketball Rules and Regulations

The Youth Basketball Program shall be governed by the rules in this packet. Any rule or regulation not covered will be governed by the VHSL Basketball Rulebook and left to the discretion of Charlottesville Parks and Recreation Department.

Section 1 Teams

- A. Teams are made up of five (5) players. A minimum of 4 players are required to start and finish a game.

Section 2 Equipment

- A. Teams are provided numbered jerseys that will be used for games.
- B. The following basketball sizes are used for leagues
 - 1st-2nd Grade: 27.5”
 - 3rd-4 Grade Boys/Girls: 28.5”
 - 5th-8th Grade Boys: 29.5”
 - 5th-7th Grade Girls: 28.5”
- C. Players are required to wear closed-toe, closed-heel non-marking athletic shoes.
- D. The following are not permitted to be worn by participants: Jewelry, hard-hair control devices, tied bandanas, jeans, and hard casts/braces.

Section 2 Timing

- A. There shall be four (4) quarters played. The playing time per quarter is eight (8) minutes.
- B. There shall be three (3) minutes between halves.
- C. The clock will run continuously throughout the game except the last two (2) minutes of the 2nd and 4th quarter. The clock will then be stopped at each dead ball situation according to the National Federation rules.
- D. Each team shall receive two (2) 60-second timeouts per half. Timeouts do not roll over from the first half to the second half.

Section 3 Substitutions

- A. The following mandatory substitution rules are in effect:
 - i. 1st-4th grade: All bench players are required to sub into the game at the 4-min mark each quarter.
 - ii. 5th-8th grade: All bench players are required to sub into the game at the 4-min mark each quarter throughout the first half. Free substitutions beginning in the third quarter.

Section 34 Overtime

- A. Regular season games, which are tied at the end of regulation time, will resume with a 2-minute overtime period. The clock will stop during dead ball situations through all of the overtime period. If the game is still tied at the end of the 2-minute period, the game will end in a tie. Playoff games will continue with overtime periods until a winner is declared.
- B. Each team will be granted one time-out per overtime period. Time-outs do not carry over from regulation time or previous over-time periods.
- C. Each overtime will start with a jump ball.

Section 4 Live Ball Rules

- A. Score is not kept for the 1st-2nd grade age group.
- B. The 1st-4th grade leagues shoot an abbreviated free throw distance. Regulation distance is utilized for 5th-8th grade teams.
- C. 1st-4th grade teams are not permitted to double team players outside of the three point arc. There are no defensive restrictions for 5th-8th grade teams.
- D. There is no pressing permitted in the 1st-4th grade leagues.
- E. Pressing is only permitted in the 4th quarter for 5th-8th grade leagues. Teams that are up 10 or more points are not permitted to press.

Section 18 Inclement Weather

A. The inclement weather hotline is 434-970-3593.

Section 19 Alcoholic Beverages

A. Possession and consumption of alcoholic beverages are prohibited anywhere in the vicinity of scheduled league games and on public property.

Section 20 Sportsmanship and Player Conduct

All parents and coaches must agree to the following Sportsmanship and Player Conduct Pledge:

- Display positive support for all players, coaches, and officials at every game, practice, or other event.
- Place the emotional and physical well-being of my child ahead of a personal desire to win.
- Avoid “coaching” from the stands – I am not the coach, so I will not shout out instructions – and I will avoid criticizing officials, coaches and opposing players during the game and after.
- Maintain realistic expectations, stay positive, and avoid criticizing my child’s play.
- Understand that children play sports for fun, fitness, friends, participation and skill development, and I will make sure my child’s reasons for playing sports come before mine.
- Not offer opinions on the officiating or on a particular call.
- Be a positive and encouraging fan and applaud good plays for both teams.
- Insist that my child play in a safe and healthy environment.
- Demand a sports environment for my child that is free of drugs and alcohol, and will refrain from their use at all youth sports events.
- Realize that there are four roles in sports – player, coach, official or fan – and I will choose one and respect the others.
- Make sure that my child’s having fun is prioritized over winning and losing
- Do my very best to make sports fun for my child.